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Coaching is a demonstrably successful approach to helping individuals perform to higher levels. This book aims to develop managers and executives into great coaches, who can transform the performance of individuals and teams in their organizations. 2017-11-25

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Effective Modern Coaching Summary

Effective Modern Coaching by Myles

Downey Written by one of the world's

leading business coaches, this book

provides authoritative and proven

guidance and techniques for any

manager, executive or indeed coach

who wants to bring out the full

potential of their employees and

clients through coaching.

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Myles Downey Myles Downey is an acknowledged authority on Performance, Coaching and Leadership. He is the author of three classics in the coaching and performance arena, ' Effective

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Modern Coaching ’ , ‘ Effective Coaching ’ and most recently ‘ Enabling Genius – a mindset for success in the 21st Century ’ .

Myles Downey: Speaker, Writer, Coach

NC: We then looked at effective 1:1s and what that means and the regularity of those and the fact that having regular 1:1s as opposed to twice yearly appraisals helps to drive performance more effectively. PL: 1:1s or coaching sessions free up employees to share their ideas, their frustrations and career hopes with their managers in private.

Coaching Culture | Podcast | CIPD
Effective Modern Coaching has a lot of content and covers a lot of ground. And he says that if a coach ’ s heart is

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in the right place, s/he can ' t screw it up. He argues against the coach trying too hard to do what he says and therefore creating interference in his/her performance as a coach.

How to become a great business coach and get the best out of your people.

This book provides authoritative and proven guidance and techniques for managers, executives, or indeed coaches, who want to bring out the full potential of their employees and clients through coaching. Individual performance is a cornerstone of corporate performance and the need to achieve more productivity or innovation from fewer is becoming

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increasingly vital. Coaching is a demonstrably successful approach to helping individuals perform to higher levels. This book aims to develop managers and executives into great coaches, who can transform the performance of individuals and teams in their organizations. The author looks at the art of coaching from different perspectives and provides practical tips and models (such as the "Spectrum of Coaching Skills" and "GROW"). It also includes sample dialogues for handling various coaching situations. --

"A book about achieving actual results for individuals, teams, and organizations"--P. [4] of cover.

This book takes a radically different approach to the challenge of coaching

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in strength and conditioning. In doing so, it addresses many of the paradoxes of strength and conditioning, providing new perspectives that shed light on to the many questions that challenge coaches. Rather than focusing on methods, it delves into the questions of what makes a coach effective. It examines the conditions that are necessary for training applications to become optimal, and the skills necessary to create these conditions. It provides coaches with a flexible pathway towards understanding the challenges of strength and conditioning and by which they can develop the craft of coaching to maximise their effectiveness and potential. The book is essential reading for anyone wishing to pursue a career as a strength and conditioning coach,

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acting essentially as a prequel to the many scientific and applied texts in the field. It will also appeal to more experienced coaches providing a wider perspective on the challenges they face and providing potential solutions not traditionally considered.

Group coaching is rapidly becoming the preferred coaching option for businesses and individuals. Effective Group Coaching is a practical, resource rich, hands-on guide for the group coaching facilitator in one of the fastest growing new disciplines. Organizations, community groups and individuals are discovering that group coaching is an exciting and sustainable model and process for learning and growth. Written for

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internal and external coaches, HR professionals, trainers and facilitators wanting to expand their work into this area, this book provides tested methodologies and tools and tips. Both new and seasoned coaches will find the book a practical roadmap and go-to guide when designing, implementing and marketing their own group coaching programs. Case studies highlight how group coaching programs are being delivered globally through corporate and public programs, virtually and in person. Also, the author's dedicated web site offers resources and articles available for downloading.

To stay on top, companies need to do more than just tread water—they need to grow. And that means that their employees need to develop and

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improve their skills at the same pace. More than ever, managers are being encouraged to improve employee performance through effective coaching, but so few of them have the time—or the knowledge—it takes to do it successfully. Brian Emerson and Ann Loehr have spent years showing some of the country's top companies how to develop their most promising employees. Now in this helpful manual they guide managers through every step of the coaching process, from problem solving to developing accountability. Readers will discover:

- the top 10 tips every manager should know before he starts to coach
- how to handle difficult conversations, conflicting priorities, and problem team members
- how to hold follow-up meetings after goals and priorities have been set
- sample

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questions they can adapt to various situations • examples of common problems and how they can use coaching to address them. Clear, practical and straightforward, this is an invaluable tool that will help all leaders coach employees, colleagues, and themselves to excellence.

The Process of Highly Effective Coaching offers a unique blend of theory and practical methods for conducting effective coaching conversations. It provides an umbrella under which all of the major conceptual models for helping people change can not only coexist but work together. In addition to using this integrative approach, The Process of Highly Effective Coaching presents a framework for conducting coaching conversations and for relating the

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coaching process to the coaching competencies defined by the International Coach Federation, the largest coach-credentialing organization in the world.

This book contains a wealth of knowledge that will enhance your ability to coach effectively and successfully. Specific areas include: . Relationships with your athletes . Psychology in coaching . Preparing and organizing practices . Teaching techniques of your sport . Conditioning and physical training . Injury prevention, care, and rehabilitation James Ulrich, the most successful coach in the history of the New York State Collegiate Conference and winner of twenty straight State University of New York Athletic Conference championships, shares the

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secrets of his success.

Build Your Coaching Skills to Develop Others Coaching has the power to enhance individual, team, and organizational performance. Its interactive process helps individuals set and act upon goals, make better decisions, and produce results. 10 Steps to Successful Coaching offers meaningful advice to help you embrace and elevate your existing coaching skills, drawing upon your strengths as a leader, colleague, or employee to bring out the strengths of others. This book is an entry point for anyone who wants—or has been asked—to do some formal or informal coaching. It ' s also for anyone who wants to infuse day-to-day interactions in the workplace with a powerful new skill: development

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through coaching. With coaching skills quickly becoming essential for anyone who wants to help others develop in the workplace, use this book as your road map to being an effective coach who is ready to listen, encourage, and challenge others to greater achievement. Your coachees will enjoy greater job satisfaction and confidence, and your organization will benefit from this cost-effective way of developing employees and improving productivity. You, as a coach, will discover growth in your working relationships and gain a tremendous sense of accomplishment. This second edition addresses coaching in terms of the broader organization; creating a coaching culture; the impact of technology on the coaching relationship; and goal and accountability setting; overcoming

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obstacles to good listening; and ending the coaching process. You'll find a diverse array of tools to help you along the way. Examples include:

- a development plan to highlight existing coaching skills and areas of opportunity
- sample questions to ask during sessions
- forms to secure commitment to coaching
- an assessment to evaluate your organization ' s coaching culture.

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